

# Managing Caregiver Stress

Providing care for a loved one can be rewarding but caregivers can also experience stress, guilt and frustration.

(Managing Caregiver Stress is adapted from the Powerful Tools curriculum)



**Join us for a one hour session on Tuesday, August 15, 2023.**

**Registration is required.**

Antigo, Marshfield, Wausau

ADRC-CW offices

10:00-11:00 am

Merrill and Wisconsin Rapids

ADRC-CW offices

2:00-3:00 pm

Both programs will be offered virtually as well.



**888-486-9545**

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